



# What are Your Clothes Saying "TO" You?

*No ... I don't I mean, "What are your clothes saying "ABOUT" you?"*

Because it is your wardrobe's "home," the physical state of your closet is reflected in your own well being.

To keep **CHAOS** out of your life, conquer it in your closet!

The health of your closet is determined by...

- the quality of its contents
- your attitude towards those contents
- your interactions with them

Clothes are living beings, alive with CHI, vibrationally attached to everyone and everything with which they have come into contact. You must be aware of what's in your closet and how you arrange it in order to optimize its impact on your life.



Is your wardrobe in a state of disorganization or dis-repair ... could it be manifesting the same in your life? Your [wardrobe](#) should be in ideal condition, if you expect your life to be!

## 9 CLOSET CHAOS CURES!

*It's True!*

### 1. Let go of garments that you do not love or wear.

This rule of thumb supports [WEAR YOUR CHI's](#) basic premise of dressing in the NOW. If you have not worn something for more than a year, you intuitively recognize that it is no longer aligned with you and your intentions.

To hasten its departure from your life, peruse your closet(s) and ask yourself, "How does this serve me? Does it lift my energy or does my energy drop when I think about it, look at it, or put it on?" Clothes that empower you make you feel fabulous. *Do you deserve anything less?*

### 2. Never keep anything for "just in case."

Abundance thinking belongs in your closet too. Saving for a rainy day will attract just that. However, saving the clothes you wore ten years ago, when you were ten pounds lighter, will not bring back your youthful figure. Clear unworn or excess clothes in small segments. Do more if the spirit moves you. Affirm that it is safe to let go. *Trust the process of life to bring you what you need.*

### 3. When new comes in, old goes out.

Exchange old clothes for new ones to avoid belongings buildup. The more clothes you have, the more your energy is tied up in mundane matters. Release what no longer serves you. In [WEAR YOUR CHI](#), investment dressing means investing in something you absolutely love and will wear over and over again. *Keep the CHIDOTS flowing by turning over your clothes on a regular basis.*

### 4. Avoid "autobiographical" wardrobe syndrome.

Many wardrobes are like conglomerations of their owners' past lives. Skirt lengths, lapel shapes and style lines run the gamut of fashion history.

Clothing that aligns with who you were no longer needs to be in your closet or your life. These garments anchor you to your past because of the energy of the memories and associations attached to them. Present tense clothes, clothes that honor intentions, essence, and physique as they are today are the only clothes that belong in your closet. **Keep your wardrobe in the NOW.**

**5. Discard “expired” garments.**

Clean out your closet the same way you do your refrigerator – by checking for expiration dates. Clothes expire just like food does! Clothes lose their chi when they are worn out, ill-fitting or irrelevant to you and your desires. If it does not fit you, flatter you, fulfill you, function for your current lifestyle, or fortify you to realize your dreams, it’s time to donate it to someone whose life is more in alignment with its energies. Discard any garments that have outlived their usefulness to YOU. **Stale clothes reflect – and create – stale lives.**

**6. Just say “NO, thank you.”**

Return or exchange undesirable or unwearable gifts. Explain your intention to replace it with something more befitting to your taste, physique, etc. Say “no, thank you,” to well meaning souls who are cleaning out their wardrobes. Prevent your closet from becoming a catch-basin for their cast-offs by accepting only hand-me-downs that mirror your energies and honor your good taste. **If you do not love them and wear them, you are not fully honoring the giver.**

**7. When you think you can’t afford NOT to buy something, DON’T!**

If more people had that attitude about shopping, they could trim hundreds of dollars a year off their clothing budgets. Is your closet full of unworn “bargains?” Price alone should never be the deciding factor when you are considering making clothing purchases. Never compromise your power to choose clothing that truly honors YOU by being lured by a red-lined price tag. **Say good-bye to good buys that don’t align with your personal clothing criteria.**

**8. Don’t buy to buy.**

Ask yourself how many clothes you really need. Many people buy because they are lured by bargain prices, peer pressure, or just plain boredom. A well thought out wardrobe plan can save you hours of mall-hopping and keep your savings account intact. **Investing in focused, quality goods will attract focused, quality energy into your life.**

**9. Change of mind, body, or spirit calls for change of clothes.**

Change indicates that CHI is flowing. As the circumstances of your life evolve, so should your personal style. Allow your appearance to go with the flow by keeping your closet current with the times. Most wardrobe issues arise when people are in transition. Their lifestyles, goals, or bodies have changed, but their clothes have not caught up with them. **Keep track of yourself so that you can keep your wardrobe on track.**

*Take advantage of this season's EARTH ENERGY-  
bring harmony to your Closet ... and your Life!*



**P.S.**

*Either Before or After you cure your CLOSET CHAOS*

*Schedule a WEAR YOUR CHI™ consultation!*

*Learn to Dress to Honor your WHOLE SELF!*

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